

| SUN | MON | TUES | WED | THURS | FRI | SAT |
|--|--|---|--|--|---|--|
| Weekly Challenge Cook a healthy meal with your family | ¹ Seminar: National Fitness Month Kick Off PT Run 7:30 a.m. | ² How to Deal with Lower Back Pain 11 a.m. - 1 p.m.  | ³ Seniors Racquetball Tournament 9 a.m. (for 55 or older) Free Body Fat Analysis 12 - 1 p.m. | ⁴ American Red Cross "What to do until Help Arrives"  10 - 10:45 a.m. | ⁵ Preventing Injuries Through Stretching 9 - 11 a.m.  Cardio Belly Dancing 10 a.m. Belly Dancing 6 - 7 p.m. | ⁶ Aerobathon 9 a.m. - Noon Splash Aerobics 9:30 - 10:30 a.m. |
| ⁷ Weekly Challenge Consume 8 - 8 oz. glasses of water each day this week | ⁸ Cardio Belly Dancing Noon | ⁹ Healthy Cooking Class 11 a.m. - 1 p.m. Partner Step  5 p.m. | ¹⁰ Kettle Bell Competition 9 - 11 a.m. Free Body Fat Analysis Noon - 1 p.m. Cardio Blast/Ab Lab 5 p.m. | ¹¹ Pre - Post Natal Exercise Clinic 9 - 11 a.m. (HAWC) Double Step 5 p.m. | ¹² Physical Fitness Month Walk 11 a.m. Cardio Belly Dancing 10 a.m. Longest Drive Contest Par 3 Shoot out 11 a.m. | ¹³ Kids Yoga 10 - 10:45 a.m. |
| ¹⁴ Weekly Challenge Mother's Day Take a walk with mom or someone you admire | ¹⁵ Running Shoe Clinic 10 - 11 a.m. (HAWC) Beginners Tennis Lessons  11 a.m.-12:30 p.m. Disco Hi/Lo 5 p.m. | ¹⁶ Intermediate Advance Tennis Lessons  11 a.m. - 12:30 p.m. Focus on Nutrition 11 a.m. - Noon. Partner Step 5 p.m. | ¹⁷ Civilian Cholesterol & Diabetes Education 11 a.m. - 12:30 p.m. (HAWC) Beginner Tennis Lessons  11 a.m. - 12:30 p.m. Free Body Fat Analysis Noon - 1 p.m. | ¹⁸ Massage Therapist 5 Minute Massages 11 a.m. - 12:30 p.m. Intermediate/Advance Tennis Lessons 11 a.m. - 12:30 p.m. | ¹⁹ Tennis Skills Challenge 11 a.m. - 12:30 p.m. Cardio Belly Dancing 10 a.m. Advanced Pilates 5:30 p.m. (No beginners) | ²⁰ Armed Forces Family Run 10 a.m. Tennis Tournament 9 a.m. Spinathon 11:30 a.m. |
| ²¹ Weekly Challenge Participate in an activity with your child Tennis Tournament 9 a.m. | ²² Bench Press Competition 10 a.m. - 2 p.m. Yoga on the Ball 6 - 7 p.m. | ²³ 3-on-3 Basketball Tournament 11 a.m. - 1 p.m. | ²⁴ Free Body Fat Analysis Noon - 1 p.m. Cardio Blast/Ab Lab 5 p.m. | ²⁵ The Need for Personal Training  11 a.m. - Noon | ²⁶ Fitness & Nutrition Seminar 10 a.m. (HAWC) Cardio Belly Dancing 10 a.m. | ²⁷ No Events Scheduled Thanks, Fitness Center |
| ²⁸ Weekly Challenge Participate in an Aerobics Class | ²⁹ Memorial Day No Events Scheduled | ³⁰ Walleyball Tournament  1 - 3:30 p.m. | ³¹ Self Defense Training 11 a.m. Grand Prize Giveaway Noon | | | |